

**TRAVEL INSTRUCTIONS FOR USERS/RESEARCHERS** attending programs at the Shoals Marine Laboratory on Appledore Island, Maine. *Please bring this sheet with you when traveling!*

**QUESTIONS?** Contact Shoals @ Creek Farm in NH: (603) 430-5220

**RUNNING LATE?** Contact (603) 553-3340, (603) 553-3347, or Shoals @ Appledore Island (603) 964-9011

[CLICK HERE FOR OUR ONLINE CALENDAR](#) (includes all boat trips)!

**PLAN YOUR ARRIVAL!** Your mainland destination is [Portsmouth, NH](#); your final destination is [Appledore Island, ME](#). Plan to meet one of our boats at the Shoals Marine Laboratory (SML) dock in Portsmouth. The SML dock is located on 315 Market Street in Portsmouth (0.6 miles from exit 7 off Interstate 95\*). See next page for information about getting to Portsmouth by air, train, or bus, and follow the parking guidelines. \*Summer-time construction can often change traffic patterns! Visit [NHDOT](#) or [Portsmouth Chamber of Commerce](#) for current information!

**DIRECTIONS** and GOOGLE maps are located at: [http://www.sml.cornell.edu/sml\\_gettingtosml.html](http://www.sml.cornell.edu/sml_gettingtosml.html)

**FIND OUR DOCK** by locating the chain link fence on the riverside of Market St. – look for the SML sign! Our dock entrance gate is next to the entrance to the public ferry dock (ISSCo.). Look for one or both of our boats. The R/V *John M. Kingsbury* (pictured here at the dock in Portsmouth) and/or the R/V *John B. Heiser* (see page 3) will be there, and SML staff will be on site to welcome you!

**CHECK-IN** with SML staff upon arrival at the dock, *please do not go to the public ferry office for help!* Look for folks with SML logos on their clothes and/or hats!



**ALL USER / RESEARCH GROUP PARTICIPANTS READ HERE:**

*Since User Groups and Research Programs start and end days vary; please read carefully and follow these instructions!*

**(1) REFER TO YOUR CONFIRMATION DOCUMENTATION OR CONTACT YOUR GROUP LEADER FOR THE EXACT DATE AND TIME TO BE AT THE SML DOCK IN PORTSMOUTH, NH.**

Confirmation documentation is provided to group leaders from the Shoals office @ Creek Farm. For all boat trip details please refer to our online calendar at: [http://www.sml.cornell.edu/sml\\_event.taf](http://www.sml.cornell.edu/sml_event.taf)

**(2) PLAN TO BE AT THE SML DOCK IN PORTSMOUTH, NH AT LEAST ONE HOUR PRIOR TO DEPARTURE**

If you are running late or miss the boat, call Shoals on Appledore: (603) 964-9011, or Shoals in NH: (603) 430-5220.

***IF YOU NEED TO PARK a vehicle on the first day of your program; go to the SML dock first, see next page!***

**PLAN YOUR DEPARTURE:** Refer to your confirmation documentation or contact your group leader for the exact time you'll be returned to Portsmouth on the last day of your program. If making connections to Boston, Portland, or Manchester, allow at LEAST 2 hours of travel time from Portsmouth.

You can also refer to: [http://www.sml.cornell.edu/sml\\_event.taf](http://www.sml.cornell.edu/sml_event.taf)

### **PARKING IN PORTSMOUTH, NH:**

**SML DOES NOT PROVIDE PARTICIPANT PARKING AT THE SML DOCK IN PORTSMOUTH, NH.  
SML DOES NOT PROVIDE SHUTTLE SERVICE TO/FROM THE SML DOCK IN PORTSMOUTH, NH.**

- **FREE** parking is available at the NH Park and Ride lot, located just off exit 3A from Interstate 95 (this lot is safe and well lit). **If you choose to park in this lot, GO TO THE SML DOCK FIRST, check-in with SML staff, and drop off your luggage before parking your vehicle. You must then take a taxi to get back to the dock.** At the end of your program, you must take a taxi to retrieve your vehicle.

- **PAID** parking is available at the public High-Hanover Parking Garage in downtown Portsmouth. This facility is open 24 hours/7 days per week (approx. 75 cents/hour). **If you choose to park in this lot, GO TO THE SML DOCK FIRST, check-in with SML staff, and drop off your luggage before parking. You will need to walk about 2.5 blocks back to the dock.** At the end of your program, you must take a taxi to retrieve your vehicle.

### **TRAVELING BY PLANE TO PORTSMOUTH:**

#### **LOGAN AIRPORT (Boston, MA);**

Located about 1.5 hours south of Portsmouth, NH and is serviced by the following shuttle companies:

- **C&J Trailways:** <http://www.ridecj.com/> (1-800-258-7111); **no reservation is required.**

C&J Trailways drops off at the NH Park and Ride bus station, about 4 miles from the SML dock. To get from the bus station to the SML dock, you must call a **TAXI**: Sunshine Taxi: (603) 431-4555; Blue Star Taxi: (603) 436-2774.

- **Flightline:** [www.flightlineinc.com](http://www.flightlineinc.com) (1-800-245-2525); **reservations are required.** Flightline Shuttle buses drop off at the Sheraton Portsmouth Hotel, right across the street from the SML dock!

#### **MANCHESTER AIRPORT (Manchester, NH)**

Located about 40 minutes from Portsmouth, NH and is serviced by the following shuttle company:

- **Flightline:** [www.flightlineinc.com](http://www.flightlineinc.com) (1-800-245-2525); **reservations are required.** Flightline Shuttle buses drop off at the Sheraton Portsmouth Hotel, right across the street from the SML dock!

### **TRAVELING BY BUS TO PORTSMOUTH:**

- **Greyhound:** <http://www.greyhound.com> (1-800-231-2222). Greyhound drops off at 55 Hanover Street, Portsmouth, approximately 2.5 blocks from our dock.

- **C&J Trailways:** <http://www.ridecj.com/> (1-800-258-7111); **no reservation is required.**

C&J Trailways drops off at the NH Park and Ride bus station, about 4 miles from the SML dock.

To get from either bus station to the SML dock, you must call a **TAXI**: Sunshine Taxi: (603) 431-4555; Blue Star Taxi: (603) 436-2774.

### **PLACES TO STAY OVERNIGHT IN THE PORTSMOUTH, NH AREA:**

<b>The Port Inn</b>	<b>Anchorage Inn &amp; Suites</b>
505 US Highway 1	417 Woodbury Ave
Portsmouth, NH 03801	Portsmouth, NH 03801
800.282.PORT	800.370.8111
<a href="http://www.theportinn.com">http://www.theportinn.com</a>	<a href="http://www.anchorageinns.com/portsmouth/">http://www.anchorageinns.com/portsmouth/</a>
e-mail: <a href="mailto:sleepwell@theportinn.com">sleepwell@theportinn.com</a>	e-mail: <a href="mailto:stay@anchorageinns.com">stay@anchorageinns.com</a>
<b>Wentworth by the Sea Marriott Hotel &amp; Spa</b>	<b>Holiday Inn Portsmouth</b>
588 Wentworth Road	300 Woodbury Ave
New Castle, NH 03854	Portsmouth, NH 03801
866.240.6313	800.465.4329
603.422.7329: fax	603.431.2065: fax
e-mail: <a href="mailto:info@wentworth.com">info@wentworth.com</a>	<a href="http://www.ichotelsgroup.com">http://www.ichotelsgroup.com</a>
<a href="http://www.wentworth.com">http://www.wentworth.com</a>	

<b>Hampton Inn Portsmouth</b> 99 Durgin Lane Portsmouth, NH 03801 603.431.6111 603.431.6222: fax <a href="http://www.hamptoninn.com">http://www.hamptoninn.com</a>	<b>Sheraton Portsmouth Harborside Hotel</b> 250 Market Street Portsmouth, NH 03801 603.431.2300 603.433-5649: fax <a href="http://www.starwoodhotels.com/">http://www.starwoodhotels.com/</a>
<b>Courtyard-Portsmouth</b> 1000 Market Street Portsmouth, NH 03801 603.436.2121 603.430.7666: fax <a href="http://www.marriott.com/hotels/travel/psmcy-courtyard-portsmouth/">http://www.marriott.com/hotels/travel/psmcy-courtyard-portsmouth/</a>	<b>Best Western Wynwood Hotel &amp; Suites</b> 300 Woodbury Ave Portsmouth, NH 03801 603.436.7600 <a href="http://www.wynwoodportsmouth.com/">http://www.wynwoodportsmouth.com/</a>

<b>Sise Inn</b> 40 Court Street Portsmouth, NH 03801 877.747.3466 <a href="http://www.siseinn.com/">http://www.siseinn.com/</a>	<b>Martin Hill Inn</b> 404 Islington Street Portsmouth, NH 03801 603.436.2287 <a href="http://www.martinhillinn.com/">http://www.martinhillinn.com/</a>
<b>Inn at Strawberry Banke</b> 314 Court Street Portsmouth, NH 03801 800.428-3933 <a href="http://www.innatstrawberrybanke.com/">http://www.innatstrawberrybanke.com/</a>	<b>Hilton Garden Inn</b> 100 High Street Portsmouth, NH 03801 603.431.1499 603.431.1477: fax <a href="http://www.hiltongardeninn.com/">http://www.hiltongardeninn.com/</a>

## OTHER IMPORTANT TRAVEL DAY INFORMATION:

### REGARDING MEALS

Please note that you should eat lunch PRIOR to check-in at the SML dock. FOR MOST PROGRAMS, your first meal at Shoals Marine Laboratory on Appledore Island will be dinner at 6:00pm.

### REGARDING LUGGAGE and WHAT TO WEAR

Please have the following in a daypack that you can keep with you on deck during your ocean passage: hat, sunscreen, bottled water, windbreaker, and snacks. ALL other luggage will be stowed below deck, and won't be accessible during the trip to Appledore! Please wear comfortable clothing and footwear (like sneakers); no flip-flops please!



*(The R/V John B. Heiser, pictured here at Appledore Island)*

### IMPORTANT SHOALS MARINE LABORATORY PHONE NUMBERS:

<b>Main Office at Cornell, Ithaca, NY (M – F)</b>	(607) 255-3717
<b>Coastal Office at Creek Farm, Portsmouth, NH (M – F)</b>	(603) 430-5220
<b>Appledore Island Office</b>	(603) 964-9011